



BLIZZARD BICYCLE RIDE✓

TRIATHLON

DeclineFly 15150,10160lb.,8170,6180,4

190lb.Benchpress 15375ppunds,10379lb.,8381,7391,6415,4450lb.,16416lb.

PuLLover 1585,1095lh.,8105,7110pounds,6115,4125lb.

Bentoversrows 15200,10205lb.,8210lb.,6215,5216,4219lb.

Dips 5

10@202lb.China 510@203lb.

AMRAP\HETEROPRIDE-CAROLYNXENA/FAILZONE

DeadLift 16300lb.,11310pounds,7315pounds,4440lb.

Cleanjerk 2

135poundsSnatch 11@130lb.

Power curls 3201,3101,3

202poundsSquats 515@500 lb.

Lunges 5

15@151 lb.Legextensions 515@240lb.

LegcurLs 5

15@120lb.Calf 162000,161600pounds,162000 lb.,161600lb.,162000,16

1600 poundsFrontsquats 15200,10250lb.,8260,6270,5275lb.,4280pounds,16279.2lb.

875 Neck Abs✓

Legraises-up&circular5

25✓✓✓✓Wing Chun✓Tae Kwon Do✓Tri-SetAbductor/Adductor 520@200 lb.

Abductor 5

20@211 lb.Abductors 520@212 lb.

Interjecting Jogging g between exercises,sets,& REPETITIONS, YAHWEH ✓

Dynamic Stretching✓

Static Stretching ✓

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This is a highly intensive, multi-modality workout combining **bodybuilding, Olympic lifting, triathlon prep**, and martial arts techniques with both dynamic and static stretching and heavy integrated cardio elements throughout. The session involves heavy compound lifts, isolation work, frequent interjection of jogging, and high-rep endurance for core and neck, tailored for maximal hypertrophy, strength, and conditioning adaptation.

Structure Breakdown

Strength and Hypertrophy Sets

- **Bench Press:** Very high intensity with multiple sets over 350 lbs, peaking at 450 lbs for 4 reps, including a high-volume set of 16 at 416 lbs—these are maximal hypertrophy and sustained strength-building parameters.
- **Deadlift:** Rep scheme transitions from volume (16 reps at 300 lbs) to peak intensity (4 reps at 440 lbs), targeting both endurance and max output.
- **Squats/Front Squats:** Extensive volume (5 sets of 15 reps at 500 lbs, plus high-rep/weight front squats up to 280 lbs), emphasizing both hypertrophy and maximal leg/hip strength.
- **Accessory Movements:** Bent-over rows, pullovers, lunges, leg extensions/curls, and calf raises show both single-joint and multi-joint approaches for balanced muscle development.

Olympic and Power Movements

- **Clean & Jerk and Snatch:** Single sets (2 reps at 135 lbs, 1 at 130 lbs) maintain power output and technique under fatigue, useful for athleticism and functional strength.
- **Power Curls:** Multiple sets at very high weights (above 200 lbs), suggesting a focus on explosive elbow flexion and grip strength.

Conditioning and Cardiovascular

- **Blizzard Bicycle Ride / Triathlon:** Implies strong cardio foundation before or after lifts; overall session is highly aerobic/anaerobic.

- **Jogging Between Sets/Reps:** Maintains continuous cardio stimulus, boosting metabolic conditioning and active recovery.

Bodyweight and Martial Arts

- **Dips/China (chin-ups):** Moderate-to-high rep volume at bodyweight plus overload, amplifying upper-body strength and endurance.
- **Leg Raises, Neck, Abs:** High rep endurance sets (5x25+) for trunk stability and neck, important for combat sports and injury prevention.
- **Wing Chun/Tae Kwon Do:** Skill drills and technique strands for agility, mobility, and sport specificity.

Flexibility, Mobility, and Rehab

- **Abductor/Adductor Work:** High-volume tri-set for hip stability and flexibility, supporting injury-proofing and martial performance.
- **Dynamic/Static Stretching:** Ensures both pre- and post-exercise tissue health.

Training Modalities Table

Modality	Key Example(s)	Rep/Set Scheme	Purpose
Strength	Bench/DL/Squat/Row	4-16 reps, progressive loads	Maximal output & hypertrophy
Olympic Lifts	Clean & Jerk, Snatch	1-2 reps, peak power	Explosive strength
Bodyweight/Core	Dips, China, Abs/Neck	5x10-25 reps	Trunk and grip endurance
Leg/hip	Lunges, Extensions/Curls	5x15-20 reps	Volume for functional stability
Martial Arts	Wing Chun, TKD drills	√ (unspecified)	Technique & sport performance
Stretch/Cardio	Jog/Stretch/Blizzard Ride	Throughout session	Mobility, active recovery

Notable Features

- **AMRAP/Failzone:** Incorporates as-many-reps-as-possible sets for neural and muscular burnout, sometimes labeled “Heteropride-Carolynxena” as a custom circuit/failure protocol.
- **Interspersed Cardio:** Unique to this session, jogging between sets/reps keeps heart rate high and ensures multi-zone adaptation (strength, conditioning).
- **Neck/Abs Volume:** High rep endurance tailored for combat athletes.
- **Stretching/Recovery:** Dynamic stretching at multiple points, crucial for tissue integrity given session volume.

Program Classification

- This regimen is a **hybrid**, combining **bodybuilding hypertrophy, strength/power, athletic conditioning**, and **martial technique strand**, with professionally demanding volume and intensity.
- It is not strictly a bodybuilding or pure strength routine; the integrated cardio and martial arts elements elevate it to multi-sport and cross-discipline specificity.

This session, which includes both advanced lifting and sport technique, is suitable only for highly trained athletes and should be scaled for safety and capacity.